



Boeing Center for Children's Wellness

School Wellness Checklist Action Guide for Physicians and Health Professionals

Getting Started

- Join a school's wellness committee. Please contact MUSC BCCW (boeingcenter@musc.edu) to connect with a school participating in the initiative
- Attend an MUSC Boeing Center start-of-year training
- Review this year's School Wellness Checklist to determine items you can assist with
- Attend school wellness committee meetings throughout the school year

Nutrition

- Advocate for healthy snacks and healthy fundraisers at school by drafting a parent letter, meeting with the principal, or giving educational presentations for PTA or school staff
- Assist school with promoting water drinking by connecting school with access to water bottles, refillable fountains, or water coolers and providing information on the benefits of drinking water
- Connect school with local chefs, farmers, Registered Dietitians, nutritionists, or others to provide field trip opportunities or teach students about healthy eating or cooking

Physical Activity

- Encourage teachers to incorporate physical activity breaks into the classroom by providing resources and trainings
- Work with school staff to find resources for kinesthetic and Action Based Learning equipment
- Join your school's team of students and staff in a community walk, run, or sporting event
- Connect the school with local organizations or resources to provide non-competitive physical activity opportunities before or after school for students that are separate from Physical Education

Social-Emotional Wellness

- Present or invite community partners to present to staff, students, or parents on Social Emotional Wellness
- Connect the school with resources to support their substance misuse prevention program
- Advocate for the implementation of a school-wide, evidence-based, comprehensive Social Emotional Learning program for students
- Participate in social emotional learning lessons in classrooms

Wellness Culture

- Help draft school-level wellness policies and encourage the implementation of the policies by meeting with the Principal to advocate for changes and/or hosting an educational presentation to PTA or staff
- Attend (or assist the school with setting up) a health and wellness fair event
- Attend a student-led wellness committee meeting as a community health expert
- Assist school with creating content to include in the school's wellness communications for families or staff
- Create an evidence-based educational video on a topic within the categories of nutrition, physical activity, or social emotional wellness to share with students and/or staff
 - Limit videos to 5 minutes for students and 10-15 minutes for staff and/or parents
 - Topics should be selected based on school needs. Be creative and use your expertise!
 - Examples – mediation, stretching, positive reinforcement in the home, ideas to increase home cooking, family physical activity, eat the rainbow, water safety, bike safety, sleep hygiene

Staff Wellness

- Assist in the development of a wellness needs or interest survey for staff
- Connect the school with organizations that can provide on-site health screenings for staff
- Connect school with community partners to offer fitness classes at school for staff, provide free massages to staff, or donate fitness equipment for staff
- Provide a wellness professional development opportunity for staff. Topics could include "why wellness and learning are interrelated"

Sustainability

- Connect school wellness committee with community partners and resources
- Help school wellness committee with grant writing* and establishing healthy fundraisers to raise money
- Attend the end of the year school wellness awards celebration to show support for your school!

*Charleston County School District: per approval and support of the district finance department: grants@charleston.k12.sc.us

For more ideas and resources, please visit our [website](#)

Please contact your school's Wellness Leader or boeingcenter@musc.edu with any questions